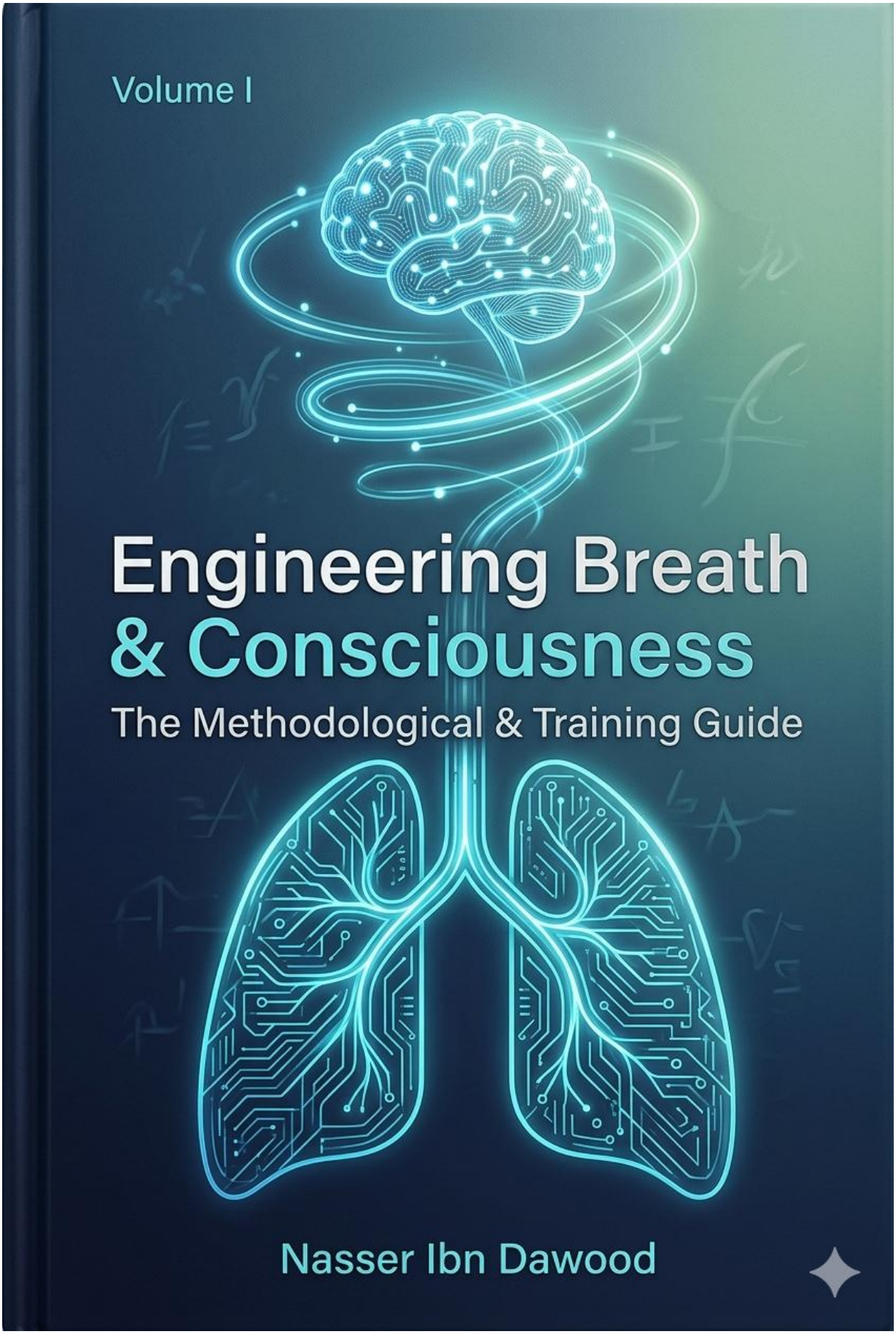
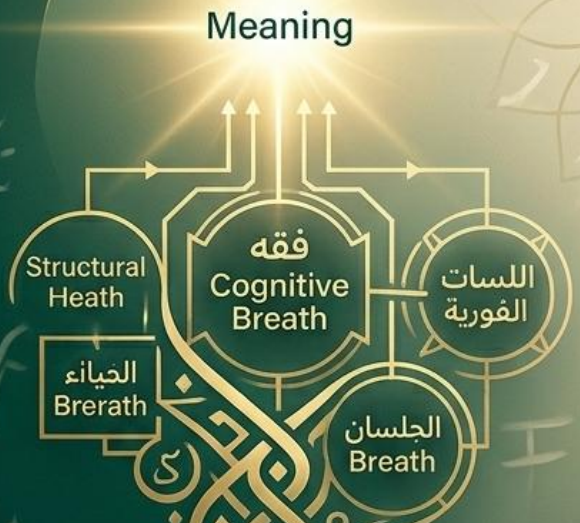

Volume I
Engineering Breath
& Consciousness
The Methodological & Training Guide
Nasser Ibn Dawood

Volume II




# Fiqh Al-Lisan & Cognitive Breath

## Structural Quranic Linguistics

Nasser Ibn Dawood

***A Structural Approach to Human Perception & Quranic Linguistics***

**By: Nasser Ibn Dawood**

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**I. The Global Knowledge Manifesto (Open Access Policy)**

Knowledge is a universal right. The author firmly believes that wisdom should not be locked behind paywalls or language barriers.

- **Global Access Policy:** All books in this library are available for free in multiple digital formats (PDF, HTML, DOCX, TXT) to ensure maximum accessibility for researchers worldwide.
- **The Digital Library:** As of early 2026, the collection hosts **68 volumes** (34 in Arabic and 34 in English), fully optimized for AI-assisted research and digital archiving.
- **Official Platforms:** * **Main Website:** nasserhabitat.github.io/nasser-books/
  - **GitHub Repository:** nasserhabitat/nasser-books

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**II. Translator's Note: The Bridge of Meaning**

This English edition is a condensed conceptual adaptation. It is not a word-for-word translation, but rather an **"extraction of essence."** It presents the core philosophical framework in accessible English, omitting the exhaustive linguistic debates and classical references found in the original Arabic text.

*For the academic researcher: The original Arabic version remains the primary source for comprehensive linguistic analysis, detailed exegesis (Tafsir), and the complete bibliography.*

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**III. Executive Summary: The Two-Volume Framework**

**Volume I: Engineering the Biological Foundation of Awareness**

*Focus: Methodological & Training Guide*

This volume identifies that the root of human anxiety and cognitive dissonance is not a lack of facts, but a dysfunction in the **Internal Reception Mechanism.** It redefines breathing not as a gas exchange, but as the **Primary Regulatory Interface** between the Nervous System and the Conscious Mind.

- **Scientific Integration:** Utilizing **Polyvagal Theory** to stabilize the Autonomic Nervous System.
- **The Goal:** Transitioning from "Reactive Living" to "Proactive Awareness" through precise, functional breathing protocols.

**Volume II: The Jurisprudence of Breath in Quranic Linguistics**

*Focus: From Biological Structure to the Engineering of Meaning*

Moving from the "Hardware" (Body) to the "Software" (Meaning), this volume introduces **Fiqh Al-Lisan** (Structural Linguistics). It derives a **Quad-Structure of Cognitive Metabolism** :

1. **Eating (Input):** The conscious selection of meanings.
2. **Drinking (Absorption):** The internal transformation of information into identity.
3. **Breathing (Rhythm):** The governor of interaction frequency.
4. **Prayer (Regulation):** A systemic pause for cognitive discharge and realignment.

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**IV. A Civilizational Framework & Methodology**

This project represents a **"Digital Renaissance"** of foundational wisdom. By fixing the **Receiver** (The Human) in Volume I and decoding the **Message** (The Meaning) in Volume II, the author provides a scalable methodology for **Consciousness Engineering** — empowering individuals to reclaim their cognitive autonomy in a fragmented world.

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**Second: English Translation Call**

**Global Call for Translators & Scholars: The Consciousness Engineering Project**

**Author: Nasser Ibn Dawood**

The author invites translators, linguistic researchers, and cultural institutions to participate in the global dissemination of this two-volume foundational work:

1. **Volume I: Engineering Breath & Consciousness (69 Pages):** A methodological and practical guide bridging the gap between neurobiology and human perception.
2. **Volume II: The Jurisprudence of Breath in Quranic Linguistics (130 Pages):** A structural linguistic framework for "The Engineering of Meaning."

**Open Distribution & Publishing Rights:** In alignment with the **Global Knowledge Manifesto** , the author declares that **all publishing and distribution rights are fully open and free** . We welcome any effort to translate, print, or digitally distribute these works. Our primary goal is the unhindered flow of transformative knowledge to all humanity.

**Translator Support:** The volumes are available in AI-optimized digital formats (DOCX, HTML, JSON) to assist translators in maintaining structural consistency and conceptual accuracy across different languages.

**Access the Manuscripts:** [https://nasserhabitat.github.io/nasser-books/]